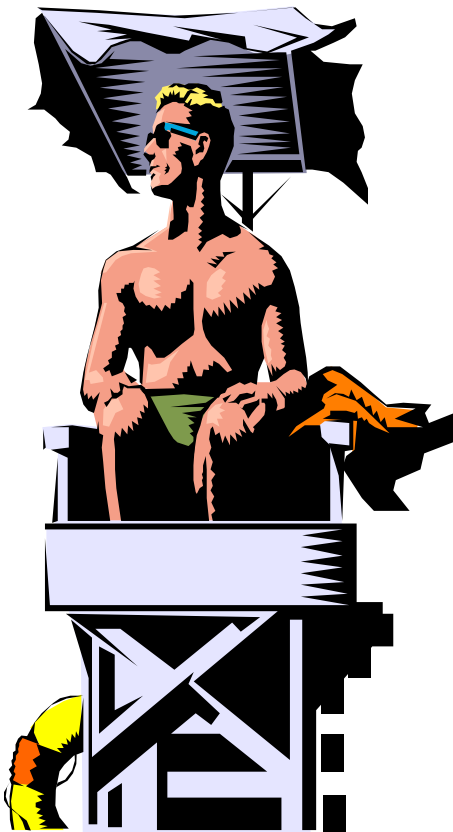




Renton Pool  
16740 – 128<sup>th</sup> Ave SE  
Renton, WA 98058  
206-296-4335  
[www.metrokc.gov/parks](http://www.metrokc.gov/parks)  
TTY Relay Service: 711

Dive in to one of the most rewarding jobs



## ***American Red Cross Lifeguard Training Course***

August 7 – 17, 2006  
Monday – Thursday  
9:00am-2:00pm

**Registration:** To register for the Lifeguard Training course,  
Please call the Renton Pool at (206) 296-4335.

### **Courses offered:**

ARC Lifeguard Training including First Aid and CPR for the Professional Rescuer	Cost: \$105.00
ARC Disease Transmission	\$10.00
Northwest Lifeguard Preparation Course	\$10.00

### **Book and Materials:**

American Red Cross Lifeguard Training Text  
*Cost: \$34.95, Stock # 655720*  
Pocket Mask **Cost: \$13.25, Stock # 252107**  
First Aid Bandage Kit *Cost: \$4.50, Stock# 445000*

**Call the American Red Cross to order materials:  
206-726-3534**

### **Prerequisites:** *Verified on the first day of class.*

- 15 years of age by August 17, 2006 – Bring proof of age, i.e. driver's license or birth certificate
- Swim 500 yards non-stop – 200 yards crawl stroke, 100 yards breast stroke, 200 yards combined crawl stroke and breast stroke
- Swim 20 yards, surface dive to pool bottom, retrieve 10-pound brick, return to start with brick

